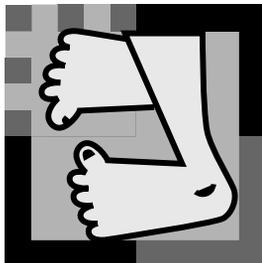
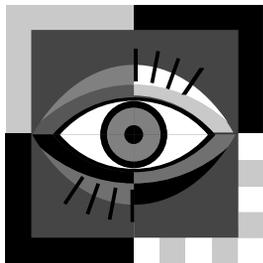


Diabetes

What to Know Head to Toe



Eyes

Diabetes can lead to vision loss or even blindness.

To take good care of your eyes:

- Keep your blood sugar close to your goal.
- Bring high blood pressure down.
- Get a dilated eye exam by an eye doctor every year. Your eye doctor will use drops to enlarge your pupils to look inside your eyes.
- See your eye doctor if:
 - Your vision is blurry.
 - You see double. You see spots or floaters.
 - One or both eyes hurt.
 - You feel pressure in your eye.
 - You can't see things at the sides like you used to.
 - You have trouble reading.

Heart

People with diabetes are twice as likely to develop high blood pressure than people without diabetes.

To have a healthy heart:

- Lose weight, if you are overweight. Talk to your health care provider.
- Become more physically active.
- Have your blood pressure checked at each health care provider visit.
- Ask your health care provider what your blood pressure goal should be. A blood pressure level under 130/85 mm Hg is the goal for most people with diabetes.
- Don't smoke.

Feet

Diabetes can harm the blood vessels and nerves in your feet.

To keep your feet healthy:

- Keep your blood sugar close to your goal.
- Take off your shoes and socks and have your feet checked at least once a year—more often if you have any foot problems.
- Wash your feet every day. Dry them, even between toes.
- Check daily for cuts, blisters, redness, and swelling. If you cannot see the bottom of your feet, use a mirror or ask someone for help. If you find anything, contact your health care provider—no matter how small the problem.
- Never walk barefoot.
- Wear shoes that fit well. If you have lost feeling in your feet, ask your health care provider for advice on proper shoes.
- Break in new shoes slowly.
- Wear clean padded socks that fit well. Make sure the sock seams are in the right place.
- Cut your nails straight across and file the edges.
- Shake out your shoes before putting them on. A small pebble can lead to problems.
- Don't smoke.

For diabetes information, call
1-800-Diabetes
(342-2383)
www.diabetes.org



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